



GYM LIABILITY INFORMATION AND RELEASES

1. Assumption of Risk

I acknowledge that my participation in fitness activities, use of exercise equipment, and training sessions at the Women's Gym involves known and unanticipated risks, which could result in physical injury. I understand such risks and assert that I am willingly participating in these activities and using equipment and facilities at my own risk.

2. Release of Liability

I hereby release and discharge the Women's Gym, its agents, representatives, and employees from any and all claims, liabilities, demands, actions, causes of action, costs, and expenses, legal or otherwise, whether at law or in equity, whether known or unknown, arising out of or in connection with my use of the gym's services, equipment, and facilities.

3. Medical Clearance

I affirm that I have consulted with a medical professional regarding my participation in fitness activities and have obtained necessary clearance. I understand that the Women's Gym does not have medical staff on site and is not responsible for assessing my physical condition before engaging in physical activities.

4. Photo/Video Release (I understand that I can OPT OUT of this at any time)

I grant the Women's Gym permission to photograph or video record my participation in activities for educational and promotional purposes, unless I notify the gym otherwise before a session. I understand that I may retract this consent on a session-to-session basis.